



# Pick a Place: REFLECTION

## *Strolls for Well-being at ISU: Press Pause & Take a Break...*

A mindfulness practice can reduce stress and support a sense of well-being. This practice can take place whenever and wherever it works for your schedule. Perhaps during a neighborhood walk, at a local park, or simply looking out a window onto the natural surroundings.

Begin by stilling your mind with a few deep breaths. Come into this present moment and bring your full attention to this experience. During your practice, pause occasionally and notice the physical location and reflect on the options below.

The **Reflection** that you infuse into daily experiences offers opportunities to notice and then proceed. By pausing and checking in with yourself, you can identify choices and make decisions that positively impact the well-being of you and others.



We do not learn  
from experience.  
We learn from  
reflecting on  
experience.”  
-John Dewey

Look around in all  
directions.  
Check in with your  
senses.  
What do you see?  
What do you hear?  
What do you smell?

Take a slow inhale,  
breathing in deep  
and full.  
Pause and fully  
exhale, releasing your  
breath.  
Repeat four times and  
notice how you feel.

## Thoughts: